Tasty Vegetable Loaf – From the Kitchens of WWII

A tasty vegetable loaf perfect for a meatless alternative. As tasty today as it was during the war time rationing era for which it was developed. Shown as written in Economy Recipes for Canada's "Housoldiers". (Toronto: Canada Starch, 1943)

Prep Time	Cook Time	Total Time
10 mins	40 mins	50 mins

Ingredients

- 2 cups cooked carrots diced
- 2 1/2 cups cooked lima or navy beans mashed
- 2 large eggs or 3 small eggs
- 1 tsp salt
- 1/4 tsp pepper
- dash Cayenne pepper
- 1/4 tsp Worcestershire sauce
- 1/2 cup milk
- 3 cups bread crumbs not too stale
- 1/2 onion chopped fine
- 4 Tbsp melted fat
- 2 Tbsp chopped parsley

Instructions

1. Combine cooked, diced carrots and cooked mashed beans.
2. Beat eggs slightly, add seasonings and milk.
3. Combine breadcrumbs, chopped onion, melted fat and parsley; add to vegetables mixing thoroughly.
4. Turn into a well-greased loaf pan (or ring mould) and bake at 375°F (190°C) for 35 to 40 minutes.
5. Turn out on heated serving platter and serve with desired sauce.

Notes

The recipe says: Other left-over vegetables such as cooked celery, corn, beets, etc., may replace the cooked carrots; while mashed parsnips, turnips or potatoes, etc., may wholly or partially replace the mashed beans.For my loaf (pictured) I used a can of white kidney beans (drained) and leftover roasted vegetables (carrots, parsnips, potatoes, onions) from a pot roast. I lightly mashed them together with some shredded frozen carrots. It was delicious, with a finer texture than if using diced vegetables as the recipe recommends.Yield 1 8 x 4 loaf serves 4-6 people

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